



SECTION ONE Standard House Diets

Diet manual

Soft Diet

Bland Diet (Chemically and Mechanically Non-Irritating Diet)

General Description

The bland diet was originally designed to eliminate those foods or food additives such as spices and highly fattened foods known to chemically or mechanically irritate. Review of diet manuals from across the country shows regional differences in what is considered irritating. More recently this diet is used for people with altered gastrointestinal functioning of various degrees and from various etiologies (this will be explored further in the next section). This diet must be tailored to each specific patient. The information presented here is merely to guide the practitioner in making a more informed decision as to how to maximize diet tolerance.

Nutritional Adequacy

In comparison to the Recommended Daily Intakes, this diet is nutritionally adequate with the same exceptions as for the regular. A more restrictive, bland diet will be provided until the dietitian can see and assess the patient for tolerance.

Medical Nutrition Therapy

This diet may be indicated for a number of gastrointestinal dysfunction's as well as a progression step in post-op diet advancement.

Gastroesophageal Reflux

Chronic gastroesophageal reflux disease (GERD) results from ongoing lower esophageal sphincter problems. Regurgitation of the acid gastric contents into the lower part of the esophagus creates continuing tissue irritation. Symptoms consist of substernal pain, burning, cramping, pressure sensation or severe pain and can be aggravated by laying down or by any increase in abdominal pressure.

If the patient is overweight the first course of action is weight reduction. Patients are also encouraged to stay in an upright position after eating.

Dietary manipulation includes *avoidance of*:

Coffee	Chocolate
Carbonated Beverages	Peppermint
Tomato/Citrus Juice	Spicy Foods
Spearmint	

* Small frequent meals.

* Decrease fat to 45 g/day or less.

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Hiatal Hernia

A hiatal hernia occurs when a portion of the upper stomach protrudes through the hiatus alongside the lower portion of the esophagus. The hiatal hernia is associated with the reflux of acid gastric contents and causes symptoms similar to GERD. Food may be easily captured in the herniated area of the stomach, and mixed with acid and pepsin, may be regurgitated into the lower portion of the esophagus.

Since obesity is frequently associated with hiatal hernias, weight reduction is the primary consideration. Patients need to avoid leaning over or lying down immediately after meals and to sleep with the head of the bed elevated. Dietary interventions should include insuring that the last meal of the day is eaten early enough so that no food mass is left in the herniated stomach. Antacids help to relieve the burning sensation.

Peptic Ulcer Disease

A peptic ulcer is an ulcer of either the stomach or the first part of the small intestine called the duodenum. Peptic ulcers occur only in those regions of the gastrointestinal tract that are bathed by digestive juices secreted by the stomach.

Current knowledge of the etiology of ulcers includes:

- Hypersecretion of pepsin and gastric acid.
- The increased use of NSAID's and common analgesic aspirin.
- *Helicobacter pylori* infection. *H. pylori* are common spiraling, rod-shaped bacteria inhabiting the gastrointestinal area around the pyloric valve, the lower gastric antrum, and the upper duodenal bulb. Mounting evidence supports the role of *H. pylori* in association with acid and pepsin in the ulcerative process.

Clinical symptoms of peptic ulcer disease include:

- Increased gastric tone and painful hunger contractions when the stomach is empty.
- Increased risk of perforation and bleeding.
- Nutrient deficiencies such as low plasma protein levels, anemia, weight loss.

The major goals of the medical management of peptic ulcers are to reduce the secretion of gastric acid and pepsin, to neutralize the gastric acid that is secreted, to protect the ulcerated area from further erosion and to promote healing. In addition to the use of anticholinergic drugs and cimetidine, diet has been a long-standing method to treat disease symptoms.

The following is a list of the basic diet principles to be followed and adapted on a per patient basis:

- Meal pattern — 3 regular meals per day; decrease the number of snacks as this stimulates more acid secretion.
- Food quantity — avoid stomach distention.
- Milk consumption — avoid drinking milk frequently as it stimulates significant gastric acid production.
- Seasonings — individual tolerance is the rule; however it is usually advisable to avoid: hot chili peppers, black pepper, chili powder.

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- Dietary fiber — there is no evidence to suggest restriction of fiber.
- Coffee — avoid regular and decaffeinated coffee. Coffee stimulates acid secretion and may cause dyspepsia.
- Citric acid juices — individual specific as to tolerance.

Mucositis/Esophagitis/Gastritis

These symptoms are most often associated with side effects from chemotherapy, radiation therapy, post-op extubation or the disease process itself. It should be noted that mucositis can affect not only the mouth but all portions of the gastrointestinal tract as well causing significant diarrheal symptoms. Due to the nature of this diet (low in fat, lactose and spice) it may be beneficial as a transition diet until mucosal linings are healed.

Refer to the following list of Foods Usually Tolerated/Not Tolerated. This list can be individualized to specific patient needs.

Food Groups	Food Usually Tolerated	Foods Usually Not Tolerated
Dairy	Milk, evaporated milk, powdered milk, milkshakes, mildly flavored cheese, cream cheese, cottage cheese, yogurt without fruit and seeds.	Yogurt containing fruit skins and seeds. (Chocolate flavored drinks may not be well tolerated.) Strongly flavored cheese.
Meat or Substitute	Broiled, baked, roasted, or stewed tender beef, veal, pork, poultry, fish, smooth peanut butter. Tuna, ground or pureed meat. Tofu.	All highly seasoned or fried meats, poultry, or fish. Corned beef, bacon, sausage, hot dogs. Luncheon meats and other processed meat spreads. Chunky peanut butter.
Eggs	All except those not tolerated.	Fried egg or any prepared with ingredients not well tolerated.
Potato or Substitute	Mashed, boiled, creamed or baked white or sweet potato, rice, grits, plain noodles, macaroni, or spaghetti.	Fried potatoes, potato chips, dried beans.
Vegetables	Mildly flavored tender vegetables: cooked asparagus tips, beets, carrots, wax or green beans, mushrooms, summer squash. Vegetable juices. Any pureed or blenderized vegetables.	All raw vegetables. All cooked vegetables except those allowed. (Strongly flavored, sulfur-containing or other vegetables with fibrous stalks or tough skins or seeds may not be well tolerated.)

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Fruit & Fruit Juices	All fruit juices (acidic juices may not be tolerated on empty stomach), soft canned fruits like mandarin oranges, applesauce, peeled apricots, Bing or Royal Anne cherries, fruit cocktail. Fresh ripe bananas, avocado. Any pureed or blenderized fruit.	All fresh and canned fruits except those allowed. (Fruits with seeds, membranes or tough skins may not be well tolerated.) Dried fruit and raisins.
Breads & Cereals	White bread, rye bread without seeds, and refined whole wheat bread, saltines, or plain crackers, soft rolls, graham crackers. All cooked and dry cereals, except whole grain and bran.	Whole grain breads, bread with nuts, seeds, raisins, and any fruits or spices not well tolerated. Whole grain and bran cereals. Fried breads and doughnuts.
Fats	Margarine, butter, cooking fats and oils, mayonnaise, sour cream, mild salad dressing, cream.	Nuts, olives, and spicy salad dressings such as blue cheese or 1000 Island. (Gravies may not be well tolerated.)
Beverages	All. Canned nutritional supplements.	None (caffeinated beverages may not be well tolerated).
Soup	Any made with tolerated meats and vegetables.	Those made with foods not tolerated. Highly seasoned soups.
Desserts & Sweets	Plain cake, cookies, and pies made with allowed ingredients, plain pudding, gelatin (plain or made with allowed fruit), custard, sugar, honey, hard clear candy, syrup, jelly. Ice cream, frozen yogurt.	Any containing nuts, coconut, seeds, raisins, or any fruits or spices not well tolerated. Jam or marmalade. Rich desserts (chocolate desserts may not be well tolerated.)
Miscellaneous	Salt and small amounts of other seasonings, except those usually tolerated. Vinegar and lemon juice in small amounts.	Mustard, pickles, horseradish. Strongly flavored spices or herbs. Barbecue, chili, steak sauce, and other flavoring extracts.

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Suggested Meal Pattern

Breakfast	Lunch	Dinner
Fruit Nectar	Soft Meat or Casserole	Blended Soup
Hot Cereal	Potato or Substitute	Soft Meat or Substitute
Scrambled Egg or Substitute	Soft Cooked Vegetable	Potato or Substitute
Muffin	Bread	Soft Cooked Vegetable
Margarine	Margarine	Margarine
Milk		
Beverage		
Beverage		
Mid-Morning Snack	Mid-Afternoon Snack	Evening Snack
Liquid Nutritional Supplement	Frozen Yogurt	Pudding
Canned Fruit	Custard	Angelfood Cake
	Liquid Nutritional Supplement	Liquid Nutritional Supplement